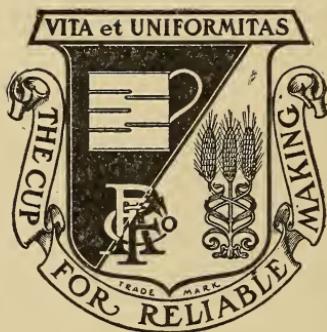


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BISCUIT & CAKES



SUCCESS
ASSURED



"RELIABLE"
PREPARED FLOUR
IS
A BISCUIT FLOUR
A CAKE FLOUR
A GRIDDLE-CAKE FLOUR

BISCUIT AND CAKES

THE "RELIABLE" METHOD



PUBLISHED BY THE
RELIABLE FLOUR COMPANY
" BOSTON, MASSACHUSETTS

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MODERN METHODS IN COOKING

In the old way of cooking, the housewife bought flour, meal, cream-of-tartar and baking powder, and mixed and sifted them with more or less uncertainty regarding their quality. Then no one could be sure of success until the biscuit or cake was taken from the oven. In large establishments, where success depends almost entirely upon always having good food, it has been a great problem how to obtain uniformly good results. The solution of this problem forms the greatest innovation in modern methods of cooking, and this is how it came about.

In the bakery of Marston's famous Boston restaurant there are employed generally about fifty people in the preparation of the three meals of the day. Now, in the old-fashioned way of measuring and mixing, it would be impossible to have everything always just right. But see in what a common-sense way it was accomplished. Samples of the different ingredients were analyzed and tested for purity and nutrition, and the exact proportions in mixing to obtain the best results determined. Then the flour and the meal were mixed in bulk with the exact proportions of pure soda and cream-of-tartar, and the many bakers drew on this supply, uniformly good success being the result. So Marston's achieved its world-wide reputation for its bread and pastry. Patrons inquired regarding the ingredients which were used, and then bought the preparations in small quantities from the bakery department. The demand became so great that the RELIABLE FLOUR COMPANY was formed, and its customers are supplied with the same preparations as those used constantly in the famous restaurant.

MODERN METHODS IN COOKING

These preparations remove the uncertainty in the home of the strength and quality of ingredients, and abolish one of the greatest vexations of the housewife. They are adapted not only to bread, biscuit and pastry, but to nearly everything in which flour or meal is the basis.

In the following pages we give a number of recipes, but every housewife can readily adapt the preparations to all favorite recipes.

Value of the Reliable Rules

Our rules are reliable; they have been tested during a number of years in actual practice, and have been found to be just right. How often have you been tempted into trying one of the alluring concoctions described in some book or paper, with the result causing you to wonder if the author had not a better knowledge of the paste pot and shears than of the art of cookery?

The value of our recipes is in the fact that the results are what you are looking for, and can be depended upon as to the quality and the uniformity of the product. The RELIABLE RULES were arranged by the originator of the RELIABLE PREPARED FLOUR, who thoroughly understands each of them, and are both a part of our method. If you have one, you have the other, and with them the superlative excellence of your cakes, biscuit, muffins, griddle-cakes, crusts, and shortcake will be an agreeable surprise.

If you are in trouble with your cookery, or if any of our rules do not seem to be just right, kindly write us, giving full particulars, and we shall be most happy to assist you with such helpful suggestions as may occur to us in connection with your work.

HOT BREAKFAST BREADS

Breakfast Breads

In no other country will you find such a variety of dainty and delicious hot biscuits, muffins, popovers and griddle cakes as in our own. The American people esteem and enjoy their hot breads, particularly at breakfast. This, the first meal of the day, is a difficult one for which to provide; the appetite is quite likely to be poor and capricious, and there is an evident need of something appetizing and tasty.

First in popular favor is the light, flaky, hot biscuit, crisp and brown, with one snowflake of deliciousness between the golden-brown top and bottom. Then there are the muffins and griddle-cakes of fine or coarse wheat flours for those who wish them; and last, but not least, the rolls, muffins and bread, made of our precious vegetable gold; the gift from poor Lo, Indian corn.

These, the pride of our breakfast, are readily and easily made with the RELIABLE PREPARED FLOURS as a basis, varying eggs, sugar and shortening, as wished, as these flours permit the changing or lessening of ingredients without destroying the lightness of the finished food.

The Reliable Flour Company's Specialties

PREPARED { BISCUIT FLOUR
 { GRAHAM OR ENTIRE WHEAT
 { CORN CAKE

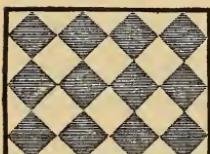
Tea Biscuits

If there is one thing more than another which eludes the grasp of the average housekeeper, it is the art of making cream-of-tartar biscuits. There are times when nothing so perfectly fits the requirements of luncheon or supper. With the RELIABLE PREPARED FLOUR one can be sure of success. Simply mix with *cold* milk to a soft dough, with or without shortening, and bake.

Next to the lightness of the biscuit, nothing contributes more toward perfection than regular formation. We will give three methods, with suggestions of the advantages of each:

1. The best-formed biscuits are made by rolling out the dough and cutting with a cutter. It also requires the most work, the board, rolling-pin and cutter having to be cared for. The scraps never make so good biscuit after the repeated rollings.

2. Another method, involving less work and leaving no scraps, is to mould the dough into a rectangular form, and cut into even cross-sections with a knife. By careful placing in the baking-pan diagonally, as indicated herewith, the biscuits will be all light and even in size.



3. The method which requires the least work, and which with practice gives excellent results, is the mixing of the dough well in a small bowl and then, with a small dish of flour at hand, keeping the hands well floured to prevent the dough from sticking, forming the biscuit quickly into even sizes, with a folding under movement, so that the tops will be smooth.

Reliable Five O'Clock Tea Biscuits

Rub one tablespoonful of butter into two cups of RELIABLE PREPARED FLOUR. Mix to a soft dough with

cold milk; roll out one-half inch in thickness. Cut into little biscuits about the size of a half-dollar. Place on a baking sheet in groups of four in this manner. Place the four little biscuits so that they touch and when baked they will stick together. When baked brush the tops with a little butter, and serve in groups of fours. These are a dainty conceit for luncheon or tea.

Graham Muffins

Put the graham into a dish; add sugar; break in the eggs, and mix to a medium batter; lastly, add the melted butter. Bake in small muffin cups.

Twin Mountain Muffins

$\frac{1}{4}$ cup butter.	$\frac{3}{4}$ cup milk.
$\frac{1}{4}$ cup sugar.	2 cups RELIABLE PREPARED
1 egg.	FLOUR.

Cream butter, sugar and egg; add the milk, lastly the flour. Bake in buttered tin gem pans in a moderate oven.

Apple Muffins

1 beaten egg. $\frac{1}{2}$ cup milk.
1 cup chopped apples. $2\frac{1}{2}$ cups RELIABLE PREPARED
2 tablespoonfuls sugar. FLOUR.
1 tablespoonful melted butter.

Rice Muffins

1 egg.	1 cup cooked rice.
1 cup milk.	$\frac{1}{4}$ cup melted butter.
2½ cups RELIABLE PREPARED FLOUR.	$\frac{1}{2}$ level teaspoonful salt.

Add the salt to the flour; work in the rice with the tips of the fingers; add the egg, well beaten, milk, and melted butter. Bake in buttered gem pans.

Wheat Muffins

1 beaten egg.	1 tablespoonful melted butter.
1 tablespoonful sugar.	RELIABLE PREPARED FLOUR to
1 cup milk.	make a batter.

Blueberry Muffins

½ cup sugar.	2½ cups RELIABLE PREPARED
¼ cup butter.	FLOUR.
1 egg.	1 cup milk. 1½ cups blueberries.

Cream sugar, butter and egg together, add the milk, then mix in the flour. Lastly carefully stir in the blueberries. Bake in small muffin pans.

Blueberry Muffins No. 2

A somewhat richer muffin than the preceding.

1 cup sugar.	3¾ cups RELIABLE PREPARED
½ cup butter.	FLOUR.
3 eggs.	1 cup plain flour.
1½ cups milk.	2½ cups blueberries.

Cream the butter and sugar, then cream in the eggs one at a time, add milk, stir in the flour; lastly, stir in the blueberries, bake in muffin cups in a moderate oven.

Graham Muffins, Without Eggs

Rub one tablespoonful of butter into two cups of RELIABLE PREPARED GRAHAM; add one tablespoonful of sugar; mix with cold milk to a medium batter.

These muffins have excellent keeping qualities. If kept covered, will keep moist for a long time.

Honey Muffins

1 egg, beaten.	1½ cups RELIABLE PREPARED
½ cup milk.	FLOUR.
1½ tablespoonfuls butter.	Bake in muffin pans.
½ cup strained honey.	

Reliable Corn Cakes

3 cups RELIABLE CORN-CAKE	1½ cups milk.
½ cup of sugar.	2 tablespoonfuls of melted
1 egg.	butter.

Put the corn-cake flour into a bowl; add the sugar; egg, without beating; mix to a medium batter with the milk; lastly, stir in the melted butter. Bake in sheets.

Reliable Corn Rolls

As made in the finest and best hotels. Very rich and fine flavored. This rule is submitted to those who wish the very best Corn Roll that can be made.

½ cup sugar.	1¾ cups milk.
½ cup butter.	3½ cups RELIABLE CORN-
3 eggs	CAKE MIXTURE.

creamed together; add to

Bake in deep cups of this style.



Pop-Overs

1 cup plain flour.	1 egg.
1 cup milk.	½ level teaspoonful salt.
¼ cup RELIABLE PREPARED FLOUR.	1 teaspoonful melted butter.

Mix flour and salt; gradually add the milk and make into a smooth batter. Add egg, well beaten, and butter; now beat until light. Turn into small earthen cups, well buttered, and bake. Serve at once when taken from oven.

Sally Lunns

¾ cup sugar.	1½ cups RELIABLE PREPARED FLOUR.
3 eggs.	
¼ cup each butter and lard.	1½ cups pastry flour.
1 cup milk.	

Bake in muffin tins.

Bread Griddle Cakes

Soak stale bread in water until soft, squeeze out the excess water with the hand and take:

2 cups softened bread.	1 level teaspoonful salt.
2 eggs, beaten.	$\frac{3}{4}$ cup RELIABLE PREPARED
2 rounding teaspoonfuls sugar.	FLOUR. Milk to make a batter.

Indian Griddle Cakes

1 cup milk.	1 beaten egg.	1 tablespoonful sugar.
RELIABLE PREPARED CORN-CAKE to make a batter.		

Health Griddle Cakes

1 cup milk.	1 beaten egg.	1 tablespoonful sugar.
RELIABLE PREPARED GRAHAM to make a batter.		

Can we afford to *eat* anything but the best? Try the above and compare with the cheap "pancake" flours.

Reliable Griddle Cakes

1 cup milk.	1 beaten egg.	1 tablespoonful sugar.
RELIABLE PREPARED FLOUR to make a batter. Lastly stir in 1 tablespoonful melted butter.		

Blueberry Griddle Cakes

Add blueberries to the above, and you will have delicious cakes.

Our Rules

The Rules herein given are the outcome of many years' experience of the originator of the RELIABLE PREPARED FLOUR, and the one who most thoroughly understands the great possibilities of this Flour. They may be depended upon to produce biscuit and cakes of a uniformly fine, smooth texture and of remarkable keeping qualities. They are extremely practicable, and so arranged as to enable our patrons to understand them readily and, after careful reading, appreciate the peculiar characteristics of each individual rule.

HOMELY DAINTRIES

When we think of our childhood joys and the homely dainties that our dear mother prepared with such labor and care for our enjoyment, we turn with pleasant recollections to the cookies, cakes and gingerbread of the days gone by, and in memory we can see the puffy doughnuts and crullers as they were thrown into boiling fat, and taken out at the precise moment when they were crisp and brown, sprinkled with sugar and served to a hungry household. These were dainties not to be despised, and are easily made with the RELIABLE PREPARED FLOUR, following the rules of this book, varying the eggs, sugar and spices as wished, as these flours permit the changing or lessening of ingredients without destroying the lightness of the finished food.

Fruit Pot Pie

Fill a round agate pan two-thirds full of blueberries, blackberries, or sliced apples, sweetened to taste. Make some dumplings from the RELIABLE FLOUR recipe on page 14; place them on the fruit, but not too closely, so as to allow for the dumplings to expand. Set pan in a steamer and steam until the fruit is cooked. Serve hot with butter.

The above is a popular dish in the country, but is usually made in a pot over the fire, which method requires more care to prevent scorching.

Tea Cakes

Little cakes for tea or breakfast, somewhat similar to muffins, but richer.

$\frac{1}{2}$ cup sugar.	1 cup RELIABLE PREPARED
1 egg, beaten.	FLOUR.
1 tablespoonful melted butter.	$\frac{1}{4}$ cup pastry flour.
$\frac{1}{2}$ cup milk.	

Bake in small cups or muffin pan.

Doughnuts

The name doughnuts and crullers, as commonly used, is a sort of distinction without a difference. By comparing the rules for each you will notice that the cruller mixture has but one-half the quantity of sugar that is in the doughnut rule; in other respects it is nearly the same.

1 egg.	$\frac{1}{2}$ level teaspoonful cinnamon.
1 cup sugar.	
1 cup milk.	2 cups RELIABLE PREPARED FLOUR.
2 teaspoonsfuls melted butter.	
1 level teaspoonful salt.	$2\frac{3}{4}$ cups pastry flour.
$\frac{3}{4}$ level teaspoonful nutmeg.	

Doughnuts No. 2

1 cup sugar.	1 level teaspoonful mace.
1 whole egg.	$2\frac{1}{2}$ cups RELIABLE PREPARED FLOUR.
2 yolks of eggs.	
1 cup milk.	$2\frac{1}{2}$ cups pastry flour.

Beat together the sugar, eggs, and milk and turn on to the mixed flours and spice, and mix. Roll out, cut and fry in hot lard.

Crullers

1 egg.	$\frac{1}{2}$ level teaspoonful lemon.
$\frac{1}{2}$ cup sugar.	1 cup milk.
2 teaspoonsfuls melted butter.	2 cups RELIABLE PREPARED FLOUR.
1 level teaspoonful salt.	
$\frac{3}{4}$ level teaspoonful nutmeg.	2 cups pastry flour.

Roll out, cut into strips ten inches in length and one-half inch wide. Double them in the center and twist them. Fry in hot fat. When nearly cool, roll in powdered sugar.

Perfection Dumplings

Mix the RELIABLE PREPARED FLOUR with *cold* milk to a medium dough; with floured hands form into the required shape, and steam as wished, with a pot-pie, stew, or in a steamer.

Fried Pies

1½ cups RELIABLE PREPARED FLOUR. ½ cup plain flour.

Milk to mix to a dough.

Roll out and cut into circles. Place a little mince-meat or rich apple sauce in the centre, fold like turnovers and fry in hot lard.

German Apple Cake

¼ cup butter, worked with the tips of the fingers into FLOUR, to which has been added ½ teaspoonful salt 1 egg, beaten and added to

2 cups RELIABLE PREPARED ¾ cup milk.

Mix the above and spread in a shallow baking-pan. Have ready, pared and cored, four or five apples. Press these, in even rows, down into the dough, leaving an edge of dough all around the apples. Sprinkle the apples with dried currants, and the edge of the dough quite thickly with powdered sugar. Bake 25 minutes. Serve hot with cream and sugar or hard sauce.

Oyster Shortcake

If this is carefully made it is delicious. Make a rich but light RELIABLE FLOUR biscuit dough, and bake in layer cake tins; split and lightly butter each as it comes from the oven. Scald the strained liquor from a quart of oysters. Rub two tablespoonfuls of butter smooth with two tablespoonfuls of flour, and stir into one and one-half cups of scalded milk. Cook and stir until it thickens; add a tablespoonful of butter to the oyster juice; heat it; season to taste with salt and white or cayenne pepper. Add oysters and heat until the gills ruffle. Then lay the oysters on the layers of shortcake; add the liquor to the sauce, and when blended spread over the oysters; then add another layer of cake, then oysters; and pour sauce over the whole; sprinkle with a little minced parsley and serve very hot.

Corn Fritters or Oysters

1 can sweet corn	1 tablespoonful melted butter.
2 beaten eggs.	
2 tablespoonfuls milk.	Salt and pepper.

RELIABLE PREPARED FLOUR to make a batter. Fry in a shallow fry-pan with plenty of fat.

Seventeen Seventy-six

Mix the RELIABLE FLOUR as for "Perfection" dumplings; flatten to one-half inch in thickness; cut into strips two inches wide, then cut these strips crosswise, making bits of dough two inches long by one inch wide. Fry in hot fat. When done, dip in mixture of one cup of molasses and one-fourth cup of butter cooked to a thick syrup.

French Toast

Fry the strips of dough as for 1776. When done, turn over them hot milk with a little butter with salt in it.

Aaron's Bundles

1 cup sugar.	$\frac{1}{3}$ teaspoonful each, ginger,
$\frac{1}{2}$ cup butter.	cinnamon, and nutmeg.
1 egg.	$1\frac{1}{4}$ cups RELIABLE PREPARED
$\frac{3}{4}$ cup milk.	FLOUR.
2 tablespoonfuls molasses.	$1\frac{1}{4}$ cups pastry flour.

Bake in gem pans or cups.

Rag Muffins

1 cup RELIABLE PREPARED FLOUR.	1 tablespoonful butter, rubbed into the flour.
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Milk, to mix as for biscuit.

Roll thin, spread generously with butter, sprinkle with brown or shaved maple sugar, and roll up like jelly roll. Cut into slices the same as when serving jelly roll, and bake.

Inexpensive, Crisp, Dry Pie Crust

Pass through a sieve three cups of flour that has already been sifted, half a teaspoonful of salt, and a level teaspoonful of baking-powder. With the tips of the fingers or a knife work into this two-thirds a cup of butter. When well mixed, stir the ingredients to a dough with cold water. Mix with a knife, and use no more water than is needed to make a dough that will take up the particles in the bowl. About two-thirds a cup of water will be needed. Turn the dough on to a floured board, pat with the rolling-pin, to flatten, then roll out into a sheet, and shape like a jelly roll. Cover closely, and set aside in a cold place until ready to use, then cut off from the end and roll out to fit the plate.

Reliable Flour in Pie Crust

To those who are troubled to make good pie crust, we suggest using a small quantity of the RELIABLE PREPARED FLOUR in place of as much plain flour, using a little less shortening. This will make a soft, tender, digestible crust.

Flaky Pie Crust

Do not rub the butter or lard too finely into the flour or it will be mealy. To have flaky pie crust, the shortening should show in little flakes or streaks in the dough.

Rolling Pastry

Pastry may be rolled toward or away from the operator, or it may be rolled to either side with a sweeping motion, to broaden or otherwise shape it. The objectionable feature is in rolling the pastry *back and forth*. Roll with a long continuous motion, then take up the rolling-pin, and start again. The easiest way is to start each time at the portion of the paste nearest, and roll lightly to the end of the paste, either straight away or to one side.

English Egg Biscuits

A pleasing novelty and a great favorite of our English cousins.

3 cups RELIABLE PREPARED FLOUR.	2 yolks of eggs.
2 level tablespoonfuls butter.	2 whites of eggs.
	Milk to mix.

Rub butter into the flour, put beaten yolks of eggs into cup, fill cup with milk, and mix. When partly mixed add the stiffly beaten whites of eggs.

Blueberry Cake

Of all the rules tested or tasted by the author, this is much the best for this time-honored, old-fashioned cake.

1½ cups sugar.	3 cups RELIABLE PREPARED FLOUR.
½ cup butter.	
3 eggs.	1 cup pastry flour.
1 cup milk.	2½ cups blueberries.

Doughnuts No. 3

An exceptionally good rule, and as it calls for rather less sugar than is customary, the doughnuts will not soak fat as readily.

⅔ cup sugar.	½ level teaspoonful nutmeg.
1 egg.	1½ cups RELIABLE PREPARED FLOUR.
¾ cup milk.	
1 teaspoonful melted butter.	2¼ cups pastry flour.

Sift the flours and spice together, beat the egg, sugar and milk, add the melted butter and pour into the dry ingredients. Mix, roll out, cut with a doughnut cutter and fry in hot fat.

REAL SHORTCAKE

To begin with, use a biscuit crust. Not a sweet, crumbly, characterless foundation of cake, but a biscuit crust, made quite rich. Having baked a suitably large and fairly thick shortcake crust, split it open while still hot and butter lightly the soft, upper side of the bottom crust. The strawberries for the shortcake should previously be put into a dish and sprinkled over with sugar and left to stand in that way long enough so that when you are ready to use them there is a little syrup in the dish. Spread on the bottom crust a layer of strawberries with some of the syrup from the sugar. If the berries are not very sweet put on a sprinkling more of sugar. Now take the top crust, which was split off, and place it with its top or crusty side down on the first layer of strawberries; butter lightly the upper side of this crust and on it spread another layer of berries with more of their juice and, perhaps, a little more sugar. Now turn over it a layer of cream and — eat it at once. You may keep it for a few minutes, long enough for the juice from the sweetened berries to soak down here and there into the layers of crust, which it will do in some mysterious but delightful way, without making the crust soggy. At this stage you eat it, in all its original freshness and crispness, richness and tenderness, "real strawberry shortcake."

We have given a number of rules that will produce cakes of slightly different character. Remember that when using the RELIABLE PREPARED FLOURS you can vary the quantity of sugar, butter and eggs as you wish. Simply have the wetting right.

SHORTCAKE POINTS

Real Shortcake

The genuine old-fashioned shortcake of the New England housewife is like biscuit dough only with more shortening in it. It should be taken from the oven when well baked and browned, yet tender and crisp.

Unsalted Butter

By using newly made, unsalted butter, or ordinary butter with the salt washed out in ice water and adding a little salt to the flour, you will have a most delicate, tender shortcake or pie crust.

Flaky Food

Do not rub the butter too finely into the flour, or it will be mealy. To have flaky shortcake or pie crust the shortening should show in little flakes or streaks in the dough.

Soft Dough

Have the dough as soft as can be rolled and cut out.

Cutting Strawberries

To more fully bring out the flavor, chop the strawberries or cut them into halves or quarters with a sharp knife. Sweeten and let stand for a short time and they are ready for the cake.

Serving

Shortcakes are particularly nice with the cake slightly warm and the berries and whipped cream quite cold.

Various Fruits

Raspberries, blackberries, sliced peaches, bananas, and when fresh fruits are not in season, canned peaches or apricots make delicious filling for shortcake.

Reliable Shortcake

2 cups RELIABLE PREPARED FLOUR. 2 yolks of eggs.
Milk to mix to a soft dough.
½ cup butter.

Rub the butter into the flour, add the beaten yolks (they may be omitted) to the milk. Divide the dough into halves and spread with a spoon in two buttered jelly-cake pans. Bake in a moderate oven.

Individual Shortcake

If you like them crusty, make them individual, like large flat biscuits, using the "Reliable Shortcake" rule. Roll out about one-half inch in thickness, cut with a biscuit or cookie cutter, and bake on a baking sheet or pan with a low edge, in a moderate oven. When done, break apart with a fork (cutting will make them heavy). Place the bottom part on a plate, cover with a liberal amount of sweetened berries; on top of the berries put a spoonful of sweetened whipped cream. Replace the top of the shortcake, and sprinkle with powdered sugar.

Shortcake in Sheets to Cut Up

2 cups RELIABLE PREPARED FLOUR. ¼ cup lard. ¼ cup butter.
Cold milk to mix.

Rub the shortening into the flour, mix with cold milk stiff enough to handle. Roll out about three-eighths inch in thickness. Place on a baking sheet or a pan with a low edge. Butter with a brush or cloth with soft butter (do not use too much butter, or the layers will stick); dust with flour, and place a second layer on the first. Do not stretch the dough, or it will draw up in baking: rather full it on loosely. When baked the layers can be separated, and the various berries and fruits placed between.

Peach Shortcake

Make the crust by the "Reliable Shortcake" rule. Have ready two dozen choice, mellow peaches pared and cut in slices, then mix with a cup and a half of sugar (more sugar may be needed). Let the prepared peaches stand in a warm, but not hot, place while the cake is baking. Turn one layer of cake into a serving dish, spread liberally with butter, then with the prepared peaches; cover with the second layer of cake. Spread this with butter and then with peaches. Sift powdered sugar over the peaches and serve at once with a pitcher of cream.

Banana Shortcake

Make as for strawberry shortcake, and while it is still hot, spread with butter and a layer of bananas that have been sliced thinly with one orange (also sliced and cut up very small) added for every three bananas. Mix the fruit with one cupful of sugar and spread between and on top of the hot buttered layers of shortcake. Whip a cup of cream till stiff, sweeten and spread over the fruit without further seasoning.

• Apricot Shortcake

Fortunately the shortcake period does not end with the strawberry season. The modern housekeeper now makes her shortcake of other berries and nearly every kind of fruit. A delicious shortcake may be made by using the "Sweet Shortcake" rule in this book, and filling it with canned California apricots slightly sweetened.

Replace the top and spread with whipped cream. Garnish the top with a few pieces of the sliced apricots. Canned or preserved peaches may be substituted for the apricots.

Sweet Shortcake

For those who prefer a sweetened shortcake we give the following rule:

$\frac{3}{4}$ cup RELIABLE PREPARED FLOUR.	1 egg.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ cup milk.
$\frac{1}{4}$ cup butter.	$\frac{1}{2}$ cup pastry flour.

Bake in two Washington-pie plates in a moderate oven.

How to Whip Cream

Cream to whip readily should be of moderate richness, and not too fresh; the average milkman's cream is too thin; the thick cream sold in small jars in the city too thick; by diluting the thick cream with nearly an equal amount of milk, you will have it right. Have the cream *cold*; turn into a *cold* mixing bowl, surrounded by ice-water; beat with a wire whip until thick. Try to lift the cream upward as you beat, not with a stirring motion. When thick enough, stop or you will have butter. Just before it is done, sift in some powdered sugar, to sweeten.

Advantages of the Reliable Prepared Flour

With the RELIABLE PREPARED FLOURS, rules are not really necessary. Simply take the flour required and combine it with sugar, butter, eggs, etc., as you wish; mix with cold milk. Of course you will need to measure somewhat, so the food will not vary too much in sweetness or flavor, but you need not be confined to rules, for the rule is in the flour. This is a new method of cookery, which produces much better and more wholesome food with a great deal less time and trouble. As an example: to make Graham muffins, put some RELIABLE PREPARED GRAHAM into a dish, rub in some shortening, if you wish it; sweeten to taste, more or less; if you want them rich, break in an egg, then mix with cold milk or water. All that is necessary is to get the wetting right.

MORE THAN BAKING POWDER

- Is necessary in the making of the delicate cakes, the fluffy biscuit, and the tender crusts. The quality of the flour is a much more important factor than the manufacturers of the widely-advertised baking powders would have us to understand.

You may use the best and purest of powders, and combine the ingredients with the most consummate skill; but unless you are sure of the high quality of your flour, your labor is more than likely to be crowned with an indifferent degree of success.

The best baking powder, if combined with a poor, or low-grade flour, will not produce food of high quality, notwithstanding misleading advertisements to the contrary.

In the RELIABLE PREPARED FLOUR we offer you all the requisites of success—the best and highest grade flour milled from wheat selected from the best wheat-fields of the country; pure grape cream-of-tartar and bi-carbonate of soda, the purest and most healthful leavening known to science. And, what is most important, we combine them with a method and process peculiarly our own, in exactly the right proportions, so that with the rules which we furnish, the novice and the inexperienced in cookery may have the utmost surety of success.

When you purchase the RELIABLE PREPARED FLOUR, you purchase the flour, the baking powder, the rule, and success in one package.

**Use Reliable Prepared Flour for
Griddle-Cakes.**

THE "RELIABLE" METHOD OF CAKE MAKING

Use the "cooking school" measuring cup, which is divided into thirds and quarters, in measuring, which is here illustrated. An accurate cup will be sent you from our main office on receipt of six cents in stamps. To measure flour, sift and fill the cup rounding full with a spoon, and level with a case knife. In measuring butter and lard, pack solidly into the cup and level.

The sugar should be measured first and placed in the mixing bowl; then sift and measure the flours and place in a separate dish, to be ready when wanted. The butter should be measured and placed with the sugar in the mixing bowl. The measuring cup can now be used for the milk, which can remain in it until it is wanted.



Have the butter soft enough to cream; rub the butter and sugar together with the hand in an earthen bowl until light and creamy. Cream in the eggs, one at a time, without beating. Then add the spice or flavor, and milk, then the flour, and, last of all, fruit or nuts, if any are to be used.

A Suggestion

We are most desirous that our patrons have success with the recipes that we publish. As a rather firm cake is not unedible, we would suggest that, in trying a recipe for the first time, one tablespoonful of pastry flour be added to the quantity given in the recipe to cover possible variations in the strength of the different brands of pastry flour. After the first time this additional spoonful of flour may be omitted if not needed.

Reliable Cake Points

Line your pans with light brown paper at the commencement of your cake making.

Make it a point to measure carefully.

Always sift your flour before measuring.

Do not think that any butter will do for good cake.

To insure cake of good clearness, smoothness, flavor and lightness, you must use butter of good grain and flavor.

It must not contain an excess of buttermilk or salt.

Above all, it must be of pure flavor; no sweetening, spices or flavors will cover up bad butter.

The fresher the eggs the better, particularly in making sponge cake.

With the exception of a few special cases, it is a mistake to beat up eggs before adding them to the other ingredients.

It is best to cream them in one at a time at the commencement; when they are nearly all in, add two at a time.

In cakes where the ingredients are creamed, fine granulated sugar is best, as it is stronger.

Add spices at the commencement of creaming.

Add extracts toward the last just before the flour.

Be particular in mixing the flour — mix it lightly but fully; clean the sides of the mixing bowl well down.

Much depends on the baking in making cake. The fire should last through the entire baking, but should not be as hot as for baking biscuit or bread. If the oven is too hot, leave the door open for a few minutes before putting in the cake.

Thin cakes, cream and Washington pies require a hotter oven than those baked in loaves.

Reliable Cake Points

The richer the cake, the slower the heat required in baking.

If you bake a rich cake in a hot oven, the outside becomes cased at the beginning, and as the heat reaches the centre, the expansion of the mixture causes it to force its way through, and thus bursts the cake.

If too slow a heat is used, the cake will rise and then fall, and it will be heavy.

When baking a cake divide the time into quarters. At the end of the first quarter it should be somewhat risen, with bubbles on the top; the second quarter finds it well risen and beginning to brown; at the end of the third quarter it is "set" and evenly but lightly browned. The end of the last quarter should find the cake ready to take from the oven.

Thin cakes should bake from fifteen to twenty minutes; thicker ones from thirty to forty minutes or longer.

To tell if the cake is done, press it lightly with your finger, if it springs back and leaves no depression it is probably done.

If the cake rises in the center and cracks open, it is too stiff with flour.

Lemon Cake

A fairly rich cake of delicious flavor and of excellent keeping qualities.

$1\frac{1}{4}$ cup sugar.

$\frac{1}{2}$ lemon, rind and juice.

$\frac{1}{2}$ cup butter.

1 cup RELIABLE PREPARED
FLOUR.

3 eggs.

$1\frac{1}{8}$ cups pastry flour.

$\frac{1}{2}$ cup milk.

Cream sugar, butter and eggs, add lemon, grated rind and juice; lastly stir in the milk and flours, bake in a moderate oven.

Annie's Fruit Cake

This excellent cake is one of the favorites of one who has had a large experience in the making of all the various cakes in this book. It fills a happy medium between the Boston Fruit Cake and the Rich Dark Fruit Cake in richness and cost of material.

2 cups sugar.	3 cups pastry flour.
1½ cups butter.	1¾ cups RELIABLE PREPARED FLOUR.
6 eggs.	
¾ cup milk.	2½ cups chopped Muscatel raisins.
1 tablespoonful molasses.	¾ cup cut citron.
1½ teaspoonfuls nutmeg.	1 cup cleaned currants.
2 teaspoonfuls cloves.	
1 teaspoonful cinnamon.	

Bake about two hours in a slow oven. Have the pans well papered with two or three thicknesses of paper.

Rich, Dark Fruit Cake

We give this rule for those who, at times, wish a rich fruit cake. It has excellent keeping qualities, although it contains no liquor. The writer is of the opinion that the value of spirits in cake-making is very little.

2 cups sugar.	1 cup RELIABLE PREPARED FLOUR.
1¾ cups butter, washed.	
8 eggs.	2 cups seeded and cut Muscatel raisins.
4 level teaspoonfuls cinnamon.	1 cup Sultana raisins.
3 level teaspoonfuls cloves.	1 cup currants.
2 level teaspoonfuls nutmeg.	1 cup cut citron.
2¾ cups pastry flour.	

Line the pans with a double thickness of strong paper, and bake about two hours in a slow oven.

Roxbury Cakes

$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ cup milk.
$\frac{1}{4}$ cup butter.	$1\frac{1}{2}$ cups RELIABLE PREPARED FLOUR.
2 yolks of eggs.	$\frac{1}{2}$ cup seeded or chopped raisins.
1 teaspoonful cinnamon.	$\frac{1}{2}$ cup chopped walnut meats.
$\frac{1}{2}$ teaspoonful cloves.	Cream all together, add:
$\frac{1}{2}$ teaspoonful nutmeg.	Lastly add:
Cream all together, add:	2 whites of eggs, beaten stiff.
$\frac{1}{2}$ cup molasses.	

Bake in small cups or fancy tins. Frost with vanilla icing. These cakes are sometimes ornamented with the same frosting, tinted with melted chocolate and put on with a confectioner's tube.

Boston Fruit Cake

2 cups sugar.	1 tablespoonful molasses.
$\frac{2}{3}$ cup butter.	$1\frac{1}{2}$ cups RELIABLE PREPARED FLOUR.
4 eggs.	$2\frac{3}{4}$ cups pastry flour.
1 cup milk.	2 cups chopped Muscatel raisins.
1 teaspoonful cinnamon.	
$\frac{3}{4}$ teaspoonful each of cloves and nutmeg.	$\frac{1}{2}$ cup cut citron.

Currant Cup Cakes

We recommend the following as a reliable rule for these delicious cakes.

$1\frac{1}{4}$ cups sugar.	1 cup RELIABLE PREPARED FLOUR.
$\frac{1}{8}$ cup butter.	
4 eggs.	$1\frac{1}{4}$ cups pastry flour.
$\frac{1}{4}$ cup milk.	$\frac{2}{3}$ cup cleaned currants.
1 level teaspoonful mace.	

Bake in small muffin or fancy cake tins in a moderate oven.

Chocolate Cake

The following is a very good rule for those who wish to make this cake with "chocolate in it."

1 cup sugar.	$\frac{3}{4}$ cup milk.
$\frac{1}{3}$ cup butter.	1 cup pastry flour.
3 eggs.	$1\frac{1}{2}$ cups RELIABLE PREPARED
2 level tablespoonfuls cocoa.	FLOUR.
$\frac{1}{4}$ cup hot water.	

Cream butter, sugar, and eggs in the usual manner; dissolve the cocoa in the hot water, let it cool a little; add vanilla, milk, and flour. Bake in sheets. Ice with soft vanilla icing.

Lady or Bride's Cake

2 cups sugar.	1 tablespoonful milk.
$1\frac{1}{2}$ cups butter.	$2\frac{3}{4}$ cups pastry flour.
$1\frac{1}{2}$ cups egg whites.	1 cup RELIABLE PREPARED
2 teaspoonfuls almond.	FLOUR.

Wash butter in cold water to freshen. Cream the butter and sugar together with the hand in an earthen bowl. Now cream in the egg whites, a little at a time, without beating. Add almond, milk and flour. Frost with white frosting.

Snowball Cake

A dainty white cake, not quite as expensive as the Pearl cake on page 41, but yet it is a very good cake.

1 cup sugar.	$\frac{3}{8}$ cup milk.
$\frac{1}{2}$ cup butter.	1 cup pastry flour.
3 whites of eggs.	1 cup RELIABLE PREPARED
$\frac{3}{4}$ teaspoonful lemon.	FLOUR.
$\frac{3}{4}$ teaspoonful almond.	

Frost with soft vanilla icing, and, if wished, while the icing is soft, sprinkle it over with shredded cocoanut.

Yellow Raisin Cake

2 cups sugar.	3 cups pastry flour.
1 cup butter.	1 cup RELIABLE PREPARED FLOUR.
5 eggs.	2 cups floured Sultana raisins.
1 cup milk.	
1½ level teaspoonfuls mace.	

Nut Cake

The rule given below is by many preferred to richer and more expensive cakes. We give it in all confidence that it will be of use to those who wish a good quality cake at a medium cost.

1¼ cups sugar.	1½ cups pastry flour.
¾ cup butter.	1½ cups RELIABLE PREPARED FLOUR.
3 eggs.	
1 cup milk.	1 cup chopped pecan or walnut meats.
1 teaspoonful vanilla.	

Frost with vanilla icing (see page 50).

White Nut Cake

A splendid cake, the delicate green of the icing contrasting finely with the white of the cake, which is here and there dotted with the bits of nut meats.

1½ cups sugar.	1¾ cups pastry flour.
¾ cup butter.	1¼ cups RELIABLE PREPARED FLOUR.
⅔ cup whites of eggs.	
1 teaspoonful vanilla.	1 cup pecan meats, cut into bits.
1 cup milk.	

Cut the nut meats into as regular bits as possible, so that the cake will look good and bright. When baked, frost with pistachio icing, which is made by flavoring common white icing with Burnett's Pistachio Extract, and coloring it with Burnett's Leaf Green Coloring.

Marble Cake

An attractive and nice-flavored cake, and at the same time not costly to make.

1 cup sugar.	To one-third of this mixture add:
$\frac{1}{3}$ cup butter.	$\frac{3}{4}$ level teaspoonful cloves.
3 eggs.	$\frac{3}{4}$ level teaspoonful cinnamon.
1 teaspoonful vanilla.	
$\frac{1}{2}$ cup milk.	
$1\frac{1}{8}$ cups pastry flour.	$\frac{3}{4}$ level teaspoonful mace.
$\frac{3}{4}$ cup RELIABLE PREPARED FLOUR.	

Choose a pan about three inches high, a sort of domestic bread pan, for this cake. The idea is to have the slices thick, so as to show the veins of the marbling in the cake. Place a layer of the light part in the pan; cover with a thin layer of the dark; continue with each until you have three layers of the light and two of the dark. You may use a little melted chocolate instead of the spices in the dark part if you prefer it.

Ribbon Cake

2 cups sugar.	1 teaspoonful vanilla.
1 cup butter.	2 cups pastry flour.
4 eggs.	$1\frac{1}{2}$ cups RELIABLE PREPARED
1 cup milk.	FLOUR.

To one-third of the above mixture add:

$\frac{1}{2}$ cup chopped Muscatel raisins.	$\frac{3}{4}$ level teaspoonful cinnamon.
$\frac{1}{4}$ cup each currants and cut citron.	$\frac{1}{2}$ level teaspoonful clove and nutmeg.

Bake in three sheets, to be about three-fourths of an inch in thickness when baked. When cool place the sheets of cake together with a thin layer of jelly between, having the dark cake in the middle. Frost with soft vanilla frosting.

Lady Baltimore Cake

1½ cups sugar.	1 cup pastry flour.
½ cup butter.	1 cup RELIABLE PREPARED FLOUR.
4 yolks of eggs, beaten.	
½ cup milk.	4 whites of eggs.
1 teaspoonful vanilla.	

Cream the butter and sugar, add the beaten yolks of eggs, milk and vanilla — mix in the flour. Lastly add the beaten whites of eggs. Bake in three 9-inch Washington-pie plates.

Filling

1 cup sugar.	¼ cup water.
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Boil until it spins a thread and stir the boiling syrup into:

2 small eggs, beaten. Add:	⅔ cup chopped walnut meats.
¾ cup chopped raisins.	½ teaspoonful vanilla.

Spread between the layers of the cake, and frost all over with a white icing.

Lady Baltimore Cake No. 2

¾ cup sugar.	1 cup RELIABLE PREPARED FLOUR.
½ cup butter.	
½ cup milk.	¾ cup pastry flour.
½ teaspoonful vanilla.	3 whites of eggs, beaten stiff.

Cream butter and sugar, add milk, vanilla and flour. Lastly add the beaten egg whites. Bake in three 9-inch Washington-pie plates.

Filling

¾ cup sugar.	¼ cup water.
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Boil until it spins a thread, and stir the boiling syrup into the

2 whites of eggs, beaten stiff.	¼ cup chopped dates or raisins
Add:	

¼ cup chopped walnut meats.

Spread between the layers of the cake, and frost all over with a white icing.

Marguerites

These little cakes are a great favorite wherever known. When served as an accompaniment to ice cream, they are delicious. If kept covered in an earthen jar, they will keep a week or more.

2 beaten eggs.	1 level tablespoonful RELIABLE PREPARED FLOUR.
1 solid cup brown sugar.	
$\frac{1}{2}$ level teaspoonful salt.	$\frac{3}{4}$ cup pecan meats, broken
$\frac{1}{2}$ level teaspoonful vanilla.	into bits.
6 level tablespoonfuls pastry flour.	

Beat eggs, sugar, and salt until light and creamy. A Dover egg-beater is very good for this purpose. Add vanilla and flour. Lastly fold in the pecan meats, reserving a few of them to put on top of the cakes when they are dropped in the cups, which will give them a finish. Bake in small, shallow fancy cake tins of this style in a moderate oven.



Lily Cake

2 $\frac{1}{4}$ cups sugar.	1 teaspoonful vanilla.
1 cup butter.	1 teaspoonful lemon.
$\frac{1}{2}$ cup pure leaf lard.	3 $\frac{1}{4}$ cups pastry flour.
1 cup whites of eggs.	2 $\frac{1}{8}$ cups RELIABLE PREPARED FLOUR.
1 $\frac{1}{2}$ cups of milk.	

Frost with soft vanilla icing (see page 50).

Hearts and Rounds

These delicious little cakes are very much esteemed for their richness and fine flavor.

1 $\frac{1}{2}$ cups sugar.	1 cup pastry flour.
$\frac{1}{8}$ cup butter.	$\frac{1}{2}$ cup RELIABLE PREPARED FLOUR.
5 eggs.	
$\frac{1}{2}$ level teaspoonful mace.	

Bake in small, fancy cake tins of the various shapes. They may be served plain or frosted with tutti frutti icing (see page 49).

Silver Cake

This delicious cake, from the collection of a friend skilled in culinary art, is highly commended as a very dainty white cake.

1½ cups sugar.	⅔ cup milk.
½ cup butter.	1⅓ cups RELIABLE PREPARED
4 whites of eggs.	FLOUR.
¾ teaspoonful almond.	1⅓ cups pastry flour.

Cream the butter and sugar; cream in the egg whites a little at a time without beating them; add milk and flavor; lastly add the flour, and bake in a moderate oven.

Annie's Nut Cake

1½ cups sugar.	¾ cup pastry flour.
½ cup butter.	1 cup chopped nut meats.
¾ cup milk.	4 whites of eggs, beaten stiff.
1 teaspoonful vanilla.	
1¼ cups RELIABLE PREPARED FLOUR.	

Cream sugar and butter, add vanilla and milk. Then stir in the flours and nut meats. Lastly, fold in the stiffly beaten whites of eggs. Bake in sheets. When cold, frost with boiled chocolate icing.

Ice Cream Cake

A delicious and dainty cake, and if rightly made, quite characteristic of its name.

1 cup sugar.	1 cup RELIABLE PREPARED FLOUR.
½ cup butter.	
½ cup milk.	¾ cup pastry flour.
½ teaspoonful lemon.	4 whites of eggs.

Cream butter and sugar, add lemon and milk, mix in the flours; lastly, fold in the stiffly beaten whites of eggs. Bake in a sheet and ice with a boiled vanilla or chocolate icing.

Gold Cake

This is one of many valued recipes from the private collection of a most accomplished New England house-keeper.

1 cup sugar.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ cup butter.	1 cup RELIABLE PREPARED
1 whole egg.	FLOUR.
4 egg yolks.	$\frac{3}{4}$ cup pastry flour.
1 teaspoonful lemon.	

Put together in the usual manner and as it is rich in egg yolks, carefully bake in not too hot an oven.

This cake makes a pleasing companion to the Silver Cake, served in slices, on the same dish.

Reliable Plain Cake

One of the best of the richer varieties of plain cakes.

1 cup sugar.	1 teaspoonful vanilla.
$\frac{3}{4}$ cup butter.	$1\frac{1}{8}$ cups pastry flour.
5 eggs.	1 cup RELIABLE PREPARED
$\frac{1}{4}$ cup milk.	FLOUR.

Delicate Cake

A delicious cake, the characteristics of which are softness and sweetness. Though simple and easily made, this is a dainty cake.

2 cups sugar.	1 cup milk.
1 cup butter.	$1\frac{3}{4}$ cups pastry flour.
3 eggs.	$1\frac{1}{2}$ cups RELIABLE PREPARED
1 teaspoonful vanilla or lemon.	FLOUR.

Bake in a moderate oven. As this cake is sweet, it does not require to be frosted.

Sponge Cake

The secret of making good sponge cake is more in the method of putting together than the proportion of ingredients. The amount of eggs to a given amount of sugar and flour can be varied considerably and yet have good results. The following rule, if carefully observed, will produce cake of a very fine quality:

Separate the yolks of the eggs from the whites; beat the yolks and nearly all of the sugar to a stiff froth, reserving one-sixth of a cup to beat into the whites of the eggs later on. Add the grated lemon rind and juice towards the latter part of the beating.

Beat the egg whites to a stiff, dry froth. When nearly beaten, add the sugar reserved for the purpose, a little at a time. This will make the egg froth dry and of a fine grain.

To put together, stir the flour and beaten yolks and sugar together, add one-third of the beaten egg-whites, and mix well. Now add the remaining two-thirds of the beaten whites, and carefully fold or cut them in. Do not mix too much. It should look dull and creamy when mixed. If it looks shiny with large bubbles it has been stirred too much. Bake in a moderate oven.

Rich Cream or Washington Pie

¾ cup sugar.	1 teaspoonful vanilla.
½ cup butter.	¾ cup pastry flour.
2 eggs.	¾ cup RELIABLE PREPARED
¼ cup milk.	FLOUR.

Divide the batter between two nine-inch Washington pie plates and bake in a moderate oven.

Dreamy Sponge Cake

A most delicious and delicate sponge cake, calling for less eggs than most rules. This rule will be found convenient in the fall and winter months when eggs are high in price.

3 eggs.	$\frac{1}{4}$ cup cold water.
1 cup sugar.	$\frac{1}{2}$ cup RELIABLE PREPARED FLOUR.
$\frac{1}{2}$ level teaspoonful salt.	
$\frac{1}{2}$ lemon, juice and rind.	$\frac{1}{2}$ cup pastry flour.

Beat eggs, sugar and salt with an egg beater until light and creamy, add the grated rind and juice of the lemon, also the cold water, stir but slightly. Lastly add the flour, mix gently, and bake in a moderate oven.

Sponge Cream Pie

2 eggs.	$\frac{1}{2}$ teaspoonful vanilla or lemon.
3 ozs. sugar.	
4 teaspoonfuls lukewarm milk.	4 ozs. RELIABLE PREPARED FLOUR.
3 teaspoonfuls melted butter.	Cream filling (see page 45).

If one has no facilities for weighing, the following measures may be used:

2 eggs.	$\frac{1}{2}$ teaspoonful vanilla or lemon.
$\frac{1}{3}$ cup sugar.	
4 teaspoonfuls lukewarm milk.	1 cup RELIABLE PREPARED FLOUR.
3 teaspoonfuls melted butter.	

Beat eggs and sugar to a cream; put milk, melted butter, and flavoring into a cup, mix them, and add to the creamed eggs and sugar, stirring but slightly; lastly flour, and fold it in. Do not stir it too much. Bake in two 9-inch Washington-pie tins. Divide the batter between each tin, and tip them to let the batter run to the edge. Do not handle too much; the batter will find its level in the oven.

Number Cake

This is an excellent rule for the old-fashioned "Cup" or "One, Two, Three, Four" Cake, so called on account of using one cup of butter, two of sugar, three of flour, and four eggs.

2 cups sugar.	1 teaspoonful lemon.
1 cup butter.	1½ cups RELIABLE PREPARED
4 eggs.	FLOUR.
1 cup milk.	1¾ cups pastry flour.

Acton Pound Cake

This splendid cake has all the characteristics of its name, and yet is not quite as rich and expensive. Mace may be substituted for the vanilla in flavoring, if it is preferred.

1 cup sugar.	1 teaspoonful vanilla.
⅔ cup butter.	1 cup pastry flour.
4 eggs.	⅓ cup RELIABLE PREPARED
1 tablespoonful milk.	FLOUR.

Almond Cake

A fine rich cake for those who are fond of the flavor of almonds.

1 cup sugar.	⅛ cup milk.
¾ cup butter.	1 cup pastry flour.
5 eggs.	1 cup RELIABLE PREPARED
1½ teaspoonfuls almond.	FLOUR.

When the batter is in the pans, sprinkle the top over with chopped blanched Jordan almonds. Bake in a moderate oven, but hot enough to give the nuts on top of the cake a rich brown color.

Fudge Cake

$\frac{3}{4}$ cup cut chocolate. 1 cup milk. 2 yolks of eggs.

Cook in double boiler until thick. When cool add
1 cup milk.

Into another dish put

2 cups sugar.	2 cups RELIABLE PREPARED
1/4 cup butter.	FLOUR.
1 teaspoon vanilla.	1 cup pastry flour.

Cream butter and sugar; add to cooked chocolate mixture and vanilla, then the flour. Stir together well; bake in sheets and put together with white icing between.

Simplicity Cake

We particularly recommend this delicious cake to the inexperienced in cake making, for it's easy, yet somewhat out of the usual method of making:

Then add:

2 eggs, broken into the cup. $\frac{1}{2}$ teaspoonful vanilla.
Milk to fill the cup. $\frac{1}{2}$ cup melted butter.
1 teaspoonful lemon.

Stir well together and bake in a moderate oven.

Lightning Cake

An economical cake made in a similar manner to the famous Five-Minute and Simplicity Cakes.

1 cup sugar. 1 teaspoonful vanilla.

$\frac{1}{4}$ cup soft butter. 1 cup RELIABLE PREPARED

1 egg. FLOUR.

Milk as needed. $\frac{1}{2}$ cup pastry flour.

Put sugar and flours into a dish. Measure

ter in the cup, break into it the egg, and beat.

the vanilla and milk to fill the cup. Stir all together and bake in sheets or small loaves.

Cabinet Cake

This is a fine flavored plain cake of moderate cost. Will make a good chocolate cake if frosted with chocolate icing.

2 cups sugar.	½ level teaspoonful mace.
½ cup butter.	1½ cups pastry flour.
4 eggs.	1¼ cups RELIABLE PREPARED
1 cup milk.	FLOUR.
1 teaspoonful vanilla.	

Pearl Cake

This is one of the best of white cakes. Although a little more costly than some others, its exquisite texture will amply repay for the added expense.

1¾ cups sugar.	1 cup milk.
¾ cup butter.	1¾ cups pastry flour.
¾ cup white of eggs.	1¼ cups RELIABLE PREPARED
½ teaspoonful vanilla.	FLOUR.
½ teaspoonful almond.	

Bake in a moderate oven. Ice with soft vanilla icing.

Famous Five Minute Cake

1 cup sugar.	½ cup pastry flour.
½ cup butter.	1¼ cups RELIABLE PREPARED
2 eggs.	FLOUR.

Put sugar, flour, butter, into a dish in the order named. Break the eggs into the cup, fill the cup with milk, add one teaspoonful of vanilla. Put all together and beat five minutes, and bake. This is a very nice light cake for tea.

Fluffy Cake

1 cup sugar.	¼ cup pastry flour.
½ cup butter.	¾ cup RELIABLE PREPARED
2 eggs.	FLOUR.
½ cup milk.	⅓ cup corn starch.
½ teaspoonful lemon.	

Jelly Cake

A reliable rule for this popular cake. It may also be baked in small loaves and served without the jelly if wished.

1 cup sugar.	1 teaspoonful vanilla.
$\frac{1}{2}$ cup butter.	$\frac{3}{4}$ cup pastry flour.
2 eggs	1 cup RELIABLE PREPARED
$\frac{1}{2}$ cup milk	FLOUR.

Bake in shallow pans to be about three-fourths of an inch in thickness when done. Put together in two layers with currant or other jelly between. Ice with vanilla icing.

Golden Gingerbread

1 $\frac{1}{2}$ cups sugar.	1 $\frac{1}{2}$ cups pastry flour.
$\frac{1}{2}$ cup butter.	1 $\frac{1}{2}$ cups RELIABLE PREPARED
2 eggs.	FLOUR.
1 cup milk.	
4 level teaspoons golden ginger.	

Pour into a pan about one-quarter inch in thickness, sprinkle with granulated sugar and bake. Cut into squares as soon as it comes from the oven.

Fruit Jumbles

These jumbles should be soft and tender; if they are not, use a little less pastry flour.

2 cups sugar.	3 cups RELIABLE PREPARED
1 cup butter.	FLOUR.
3 eggs.	$2\frac{1}{2}$ cups pastry flour.
$\frac{1}{2}$ cup milk.	1 cup cleaned currants.
$\frac{1}{2}$ grated nutmeg.	

Roll out one-fourth inch in thickness, cut with a doughnut cutter and bake.

Vanilla Wafers

These delicious wafers are a favorite accompaniment to the hot chocolate for a dainty luncheon.

1 cup sugar.	$\frac{1}{4}$ cup milk.
$\frac{1}{3}$ cup butter and lard in equal proportions.	1 cup RELIABLE PREPARED FLOUR.
1 egg.	$1\frac{1}{2}$ cups pastry flour.
1 teaspoonful vanilla.	

Cream the butter and sugar, beat in the egg, add milk and vanilla, mix in flours, roll out thin and bake. Keep the mixture cold to prevent sticking to board and rolling pin. It will do no harm to set on ice for an hour or two before rolling out.

Chocolate Wafers

A companion to the Vanilla Wafers given above.

1 cup sugar.	1 level teaspoonful cinnamon.
$\frac{1}{2}$ cup butter.	$\frac{3}{4}$ cup RELIABLE PREPARED FLOUR.
1 egg.	
$\frac{1}{4}$ cup milk.	$1\frac{3}{4}$ cups pastry flour.
2 ounces chocolate, melted.	

Cream butter, sugar, egg, and cinnamon together; add melted chocolate and milk. Stir in the flours; roll out very thin and bake.

Cocoa Macaroons

$\frac{1}{2}$ cup granulated sugar.	1 whole egg.
2 teaspoonfuls Bensdorp's Cocoa.	1 white of egg.
Pinch each of cinnamon, cloves and mace.	$\frac{1}{2}$ cup RELIABLE PREPARED FLOUR.
$\frac{1}{4}$ cup finely chopped citron.	$\frac{1}{2}$ cup pastry flour.

Mix to a stiff batter. Drop with a meringue bag on to papered baking sheets, dust the top with granulated sugar and bake in moderate heat.

Walnut Cookies

This rule will produce an extremely fine-flavored, rich cookie.

1½ cups sugar.	1 cup RELIABLE PREPARED FLOUR.
1 cup butter.	
3 eggs.	2 cups pastry flour.
1 teaspoonful vanilla.	2 cups coarsely chopped wal-
½ level teaspoonful salt.	nut or pecan meats.

Follow general rules for cookie making, and bake in a moderate oven.

Atlantic Cream Pie

The favorite recipe of an expert housewife of the "Old Colony" for a most delicious pie of remarkable keeping qualities.

2 eggs.	½ level teaspoonful salt.
²/₃ cup sugar.	½ teaspoonful lemon.

Beat to a cream, add

1 cup RELIABLE PREPARED FLOUR.

Mix, and add lastly, one-third cup hot milk.

Put all of the batter into two pie plates and bake.

Berwick Cream Pie

3 eggs, beat five minutes.	1 cup RELIABLE PREPARED FLOUR.
1 cup sugar, beat three minutes.	1 cup pastry flour.
½ cup cold water.	
1 teaspoonful lemon or vanilla.	

Bake in Washington-pie plates, and place between the layers any of the various vanilla, chocolate, orange or pineapple fillings.

Cream or Washington Pie

1 cup sugar.	$\frac{1}{2}$ teaspoonful vanilla.
$\frac{1}{3}$ cup butter.	1 cup RELIABLE PREPARED
2 eggs.	FLOUR.
$\frac{1}{2}$ cup milk.	$\frac{3}{4}$ cup pastry flour.

Cream butter and sugar; cream in the eggs, one at a time, without beating; milk and vanilla; mix in the flour and bake.

Cream Pie Filling

1 $\frac{1}{4}$ cups milk.	1 egg.
$\frac{1}{2}$ cup sugar.	1 tablespoonful cornstarch.
Pinch of salt.	Vanilla and a bit of butter.

Heat the milk hot; stir the starch with a little cold milk; add the beaten egg, salt and sugar; mix and strain; turn into the hot milk, stirring rapidly; cook ten minutes; add the butter. When cool, flavor.

Chocolate Cream Filling

Add Bensdorp's prepared cocoa to the foregoing while hot, and you have a chocolate filling.

Washington Pie

Of the many kinds of pies bearing this honored name the writer has never found any equal to this for simplicity and delicacy.

$\frac{3}{4}$ cup sugar.	1 pinch mace.
$\frac{1}{4}$ cup butter.	$\frac{3}{4}$ cup pastry flour.
1 egg.	$\frac{3}{4}$ cup RELIABLE PREPARED
$\frac{1}{3}$ cup milk.	FLOUR.
1 teaspoonful vanilla.	

Bake in two Washington-pie tins nine inches in diameter. When done, spread one sheet with raspberry jam, place the other on top, sprinkle with powdered sugar and serve.

WHEN EGGS ARE UP IN PRICE

They merit counting with care. The economical cook tries to see if she can make two eggs do for three or more. Do not try to cut down the number given in a recipe, for that alters the proportion of ingredients. That there may be no need of experimenting with doubtful results, we submit a number of recipes written by an expert.

Reliable Apple Sauce Cake

1 cup sugar.	1½ cups chopped raisins.
½ cup butter.	½ teaspoonful each cinnamon, nutmeg and cloves.
1 egg.	
1 cup unsweetened apple sauce.	1 cup RELIABLE PREPARED FLOUR.
½ level teaspoonful soda.	1¾ cups pastry flour.

Dissolve the soda in the apple sauce and add with the raisins and spices to the creamed sugar, butter, and egg. Lastly stir in the flours and bake in moderate oven.

Orange Cake

1 cup sugar.	Grated rind of half orange.
¼ cup butter.	1 cup RELIABLE PREPARED FLOUR.
1 egg.	
¾ cup milk.	¾ cup pastry flour.
Juice of medium orange.	

Bake in two sheets and frost with orange icing.

Filling for Orange Cake

1 medium orange, juice and grated rind.	2 tablespoonfuls butter. 1 egg.	1 cup sugar.
Beat sugar, orange juice, grated rind and butter. Add the beaten egg, cook until it thickens. Use cold.		

Marble Cake No. 2

2 cups sugar.	2 eggs.	2 cups RELIABLE PREPARED FLOUR.
$\frac{1}{2}$ cup butter.		
1 $\frac{1}{2}$ cups milk.		1 cup pastry flour.

Mix as for plain cake; divide in two parts. Add three tablespoonfuls powdered chocolate to one part and one teaspoonful vanilla to the other part. Drop by spoonfuls, first the light then the chocolate, until the pan is full enough. Will make two brick loaves.

Chocolate Cake No. 2

1 cup sugar.	$\frac{3}{4}$ cup pastry flour.
$\frac{1}{4}$ cup butter.	1 teaspoonful vanilla.
1 egg.	3 tablespoonfuls powdered chocolate.
1 cup milk.	
1 cup RELIABLE PREPARED FLOUR.	Frost with vanilla icing.

Annie's Plain Cake

1 cup sugar.	1 teaspoonful vanilla.
$\frac{1}{4}$ cup butter.	1 cup RELIABLE PREPARED FLOUR.
1 egg.	
$\frac{3}{4}$ cup milk.	$\frac{3}{4}$ cup pastry flour.

Economical Raisin Cake

1 cup sugar.	1 $\frac{1}{2}$ cups RELIABLE PREPARED FLOUR.
1 tablespoonful butter.	
1 egg.	1 cup pastry flour.
1 cup milk.	1 cup chopped raisins.
1 teaspoonful lemon.	

Eleanor's Cake

1 cup sugar.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ cup butter.	1 cup RELIABLE PREPARED FLOUR.
2 eggs.	
1 teaspoonful vanilla.	1 cup pastry flour.

Reliable Nut Cake

1 cup sugar.	$\frac{3}{4}$ cup milk.
$\frac{1}{4}$ cup butter.	$\frac{3}{4}$ cup pastry flour.
1 egg.	$\frac{1}{2}$ cup chopped raisins.
1 cup RELIABLE PREPARED FLOUR.	$\frac{1}{2}$ cup chopped walnut meats.

Ice with vanilla icing — with half walnut meats on top.

Plain Cake No. 2

1 cup sugar.	$\frac{3}{4}$ cup milk.
$\frac{1}{4}$ cup butter.	1 cup RELIABLE PREPARED
2 eggs.	FLOUR.
1 teaspoonful vanilla.	1 cup pastry flour.

Fruit Cake — without Eggs

1 cup sugar.	$\frac{1}{2}$ teaspoonful nutmeg.
$\frac{1}{2}$ cup butter.	$\frac{1}{4}$ teaspoonful cloves.
1 teaspoonful cinnamon.	
Cream all together, add:	
1 cup milk.	1 cup pastry flour.
1 $\frac{1}{2}$ cups RELIABLE PREPARED FLOUR.	1 cup chopped raisins.
	$\frac{1}{4}$ cup cut citron.

Columbia No Egg Cake

2 $\frac{1}{2}$ cups RELIABLE PREPARED FLOUR.	$\frac{1}{2}$ cup raisins.
	$\frac{1}{4}$ nutmeg, grated.
1 cup sugar.	
Sift the flour and sugar together twice, add the raisins and nutmeg, and mix.	
1 cup milk.	$\frac{1}{4}$ cup butter.
	$\frac{1}{4}$ cup lard.
Add the shortening to the milk, place on the stove, when the butter and lard are melted and the milk has come to a boil, turn into the dry ingredients and mix well. Bake in an angel cake tin or a pan with a chimney in the centre.	

Currant Cake

1¼ cups sugar.	½ level teaspoonful mace.
⅔ cup butter.	1½ cups pastry flour.
3 eggs.	1¼ cups RELIABLE PREPARED
⅔ cup milk.	FLOUR.
1 teaspoonful vanilla.	1 cup cleaned currants.

Slightly flouring the currants before adding to the cake, and baking in as hot an oven as may be so as not to color the cake too brown, will tend to keep the currants from sinking to the bottom.

Hard White Icing

Whites of two eggs, beat in icing sugar by degrees, beating well, until it is of just the right consistency. Add a pinch of cream of tartar or a little lemon juice. When of the proper thickness it should spread evenly and smoothly, and yet when marking the slices with the back of a knife it should not run or fill up the cuts to any extent. By keeping the icing a little thick you can dilute it with water, drop by drop, until you have it just right.

Tutti Frutti Icing

Add a little glucose to the soft vanilla icing, and stir in some little bits of French cherries, green-gages, apricots, and pineapple. This makes a very dainty icing for small cakes.

Orange Icing

1 orange, juice of	1 tablespoonful hot water.
1 tablespoonful glucose.	

Mix to proper consistency with icing sugar. Color with a few drops of yellow color, which you may obtain of the baker's supply store or of almost any bakery.

Soft Vanilla Icing

Mix icing sugar with *rich* milk to the right consistency; beat one minute and flavor.

Glucose in Icings

A little glucose added to icing will give it a glossy appearance.

Chocolate Icing

1 teaspoonful or more Bensdorp's cocoa.

2 tablespoonfuls hot water.

Cook one-half minute; cool; then add one tablespoonful milk. Stir in icing sugar to the right consistency.

Pineapple Icing

1½ cups confectioner's sugar. 1 tablespoonful shredded
½ teaspoonful vanilla. pineapple.

Boiling water to make creamy. Spread on cake at once.

Boiled Icing

1 cup sugar. ¼ cup water.

Boil sugar and water together until, when a spoon is dipped in it and touched on the side of the saucepan, it will draw out in a thread.

Then pour in a fine stream into two small or one large white of egg beaten stiff. Beat together until foamy, flavor with lemon.

Boiled Chocolate Icing

1 cup sugar. ½ square chocolate.

¼ cup water. 1 white of egg, beaten stiff.

Put sugar, water, and chocolate on the fire. When the chocolate is melted, boil until, with fingers wet in cold water, it can be formed into a soft ball, then pour in a fine stream on the stiffly beaten white of one egg. Flavor with vanilla.

SOME PUDDINGS

The eighteenth century riddle that puzzled the English monarch, George III, was how the apple came in the dumpling. The twentieth century surprise is the deliciousness and flakiness of the home-made apple dumplings when made of the RELIABLE PREPARED FLOUR. Puddings made of this flour are not unhygienic or indigestible, and may be given to delicate people and children with impunity. In comparison with pie, the Favorite of Yankeedom, these puddings are vastly more nutritious and wholesome, and are more desirable for a dinner course or dessert.

If you are fond of puddings, try some of the rules in this book, remembering that when using the RELIABLE PREPARED FLOURS you can vary the quantity of sugar, butter and eggs as you wish. Simply have the wetting right.

Steamed Apple Dumplings

Peel and core some sour apples; make a dough as for Perfection dumplings; roll out three-eighths of an inch in thickness; cut into squares according to the size of the apples; cover; place on the steamer, with the part where the dough meets downward. Steam until soft.

Baked Apple Dumplings

Two cups RELIABLE PREPARED FLOUR; one-fourth cup butter; one-fourth cup lard, rubbed into the flour. Mix with *cold* milk stiff enough to roll out one-fourth inch thick; cover peeled and cored sour apples after the manner of steamed apple dumplings. Bake and serve with wine or hard sauce.

Cottage Pudding

1 cup sugar.	1 teaspoonful vanilla.
1 rounding tablespoonful butter.	2½ cups RELIABLE PREPARED FLOUR.
2 eggs.	½ cup pastry flour.
1 cup milk.	

Cream the butter and sugar; beat in the eggs, add flavor; stir in a small portion of the flour alternately with the milk until all are used.

Cottage Pudding — Baked

1 cup sugar.	¼ cup butter, melted.
1 cup water.	2 cups RELIABLE PREPARED FLOUR.
1 egg beaten, and added to the water.	

Cottage Pudding — Steamed

1 cup sugar.	1½ cups RELIABLE PREPARED FLOUR.
¼ cup butter, melted.	
1 cup milk.	½ cup pastry flour.
1 egg, beat and add to milk.	

Steam 30 to 50 minutes—serve with sauce.

Suet Pudding

1½ cups chopped suet.	2 eggs, beaten.
2 teaspoonfuls salt.	1 cup milk.
1 cup seeded Muscatel raisins.	1 teaspoonful soda, in the milk.
½ cup Sultana raisins.	
½ cup currants.	1 cup RELIABLE PREPARED FLOUR.
1 teaspoonful cinnamon.	
½ teaspoonful cloves.	Plain flour to make a stiff batter.
½ teaspoonful nutmeg.	
1 cup of Porto Rico molasses.	

Put together in order named, and steam three to four hours.

Baked Rhubarb Pudding

Make the crust by the rule for Baked Strawberry Pudding in this book. Butter a shallow pan and line it with the crust; fill with the following:

2 cups cut rhubarb.	1 level teaspoonful corn-starch.
1 beaten egg.	
1 teaspoonful melted butter.	$\frac{1}{2}$ cup sugar.

Mix all together; cover with the remainder of the dough and bake.

Jersey Blueberry Pudding

$\frac{3}{4}$ cup Porto Rico molasses.	$1\frac{3}{4}$ cups RELIABLE PREPARED FLOUR.
$\frac{1}{3}$ cup milk.	
$\frac{1}{4}$ level teaspoonful each, cinnamon, clove and nutmeg.	$\frac{1}{4}$ cup pastry flour.
	2 cups blueberries.

Mix molasses, milk and spice together, stirring the flours; lastly add the blueberries. Steam $1\frac{1}{2}$ hours — serve with yellow sauce.

Blueberry Pudding

Mix the RELIABLE PREPARED FLOUR with *cold* milk to a stiff batter; stir in blueberries to suit. Steam three-fourths to one hour.

Baked Blueberry Pudding

1 cup sugar.	$1\frac{3}{4}$ cups RELIABLE PREPARED FLOUR.
1 rounding tablespoonful butter.	$\frac{3}{4}$ cup pastry flour.
2 eggs.	2 cups blueberries.
1 cup milk.	

Cream butter, sugar and eggs together; add milk and flour. Lastly stir in the berries and bake.

Baked Peach Pudding

Make the crust by the rule for Baked Strawberry Pudding in this book. Butter a shallow pan and line it with the crust; fill with sliced peaches; sweeten; cover with the remainder of the dough, and bake.

Ginger Pudding

$\frac{1}{2}$ cup sugar.	$2\frac{1}{4}$ cups RELIABLE PREPARED FLOUR.
1 cup milk.	
$\frac{1}{2}$ cup butter.	2 level teaspoonfuls ginger.
1 egg.	

Cream butter, sugar and ginger; add beaten egg, milk, and flour in the order named. Steam in buttered molds or cups.

Snowballs

1 cup sugar.	$\frac{1}{2}$ cup milk.
4 whites of eggs.	$2\frac{1}{4}$ cups RELIABLE PREPARED FLOUR.
$\frac{1}{2}$ cup butter.	

Cream butter and sugar; add the milk and flour; then add the whites of eggs beaten stiff. Steam thirty minutes in buttered cups. Serve with strawberry sauce or marmalade of any kind.

Mary Ann's Puff Balls

Take two cups of RELIABLE PREPARED FLOUR, and mix with enough sweet milk to make a soft dough.

Place some well-buttered cups in a steamer, and put in each a spoonful of the dough, then one spoonful of grape jelly, then another spoonful of the dough; steam twenty minutes, and serve with the following sauce:

2 eggs.	1 cup sugar.
$\frac{1}{2}$ cup butter.	1 cup boiling milk.

Beat together thoroughly the eggs, butter, and sugar, and turn on the cup of boiling milk and cook until slightly thickened.

Chocolate Pudding

1 cup sugar. 1 tablespoonful chocolate,
1 egg. melted.
1 tablespoonful soft butter. $\frac{1}{2}$ teaspoonful vanilla.
 $\frac{1}{2}$ level teaspoonful salt.

Cream together the above ingredients and add:

1 cup milk. $1\frac{3}{4}$ cups RELIABLE PREPARED
1 $\frac{3}{4}$ cups bread flour. FLOUR.

Steam two hours, serve with yellow sauce.

Cherry Pudding

1 cup milk.	2½ cups RELIABLE PREPARED
1 beaten egg.	FLOUR.
2 tablespoonfuls sugar.	1 cup stoned and floured
1 tablespoonful butter.	cherries. .

Steam and serve with wine sauce.

Cranberry Pudding

Make same as the Cherry Pudding above, with the exception of using a cup of cut cranberries instead of the cherries.

Baked Strawberry Pudding

Rub the shortening into the flour, mix with cold milk stiff enough to handle. Roll out about three-eighths inch in thickness. Place on a baking-sheet or a pan with a low edge. Butter with a brush or cloth with soft butter (do not use too much butter or the layers will stick). Dust with flour, and place a second layer on the first. Do not stretch the dough, or it will draw up in baking; rather full it on loosely. When baked, separate the layers and fill with sweetened strawberries. Serve with wine sauce or cream.

Wine Sauce

1 cup of water.	1 teaspoonful lemon juice.
¾ cup of sugar.	1 pinch of nutmeg.
¼ cup of butter.	

Thicken with cornstarch; wet with water; cook two minutes; strain, and add a wine glass of sherry. The wine may be omitted and the same flavored with vanilla or lemon.

Lemon Sauce

1 cup sugar.	¼ teaspoonful salt.
½ cup butter.	2 cups water.

When boiling thicken with:

2 tablespoonfuls corn starch (dissolved in a little water).

Just before serving, add:

1 egg, beaten.	½ lemon, juice of.
----------------	--------------------

Sterling Sauce

½ cup butter.	1 cup brown sugar.
1 teaspoonful vanilla.	3 tablespoonfuls cream.

Cream butter and sugar, add vanilla, then cream in the cream gradually to prevent separation.

Yellow Sauce

2 eggs.	2 tablespoonfuls Spanish
1 cup sugar.	Sherry.

Beat eggs and sugar until light and creamy, add the wine and serve.

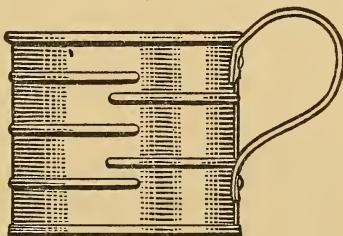
Hard Sauce

½ cup of butter.	½ teaspoonful vanilla.
1 cup powdered sugar.	1 tablespoonful of cream.
½ teaspoonful lemon.	

Cream the butter; add sugar gradually, then cream and flavoring. Keep cold. You may cream in brandy or wine instead of the extracts, if wished.

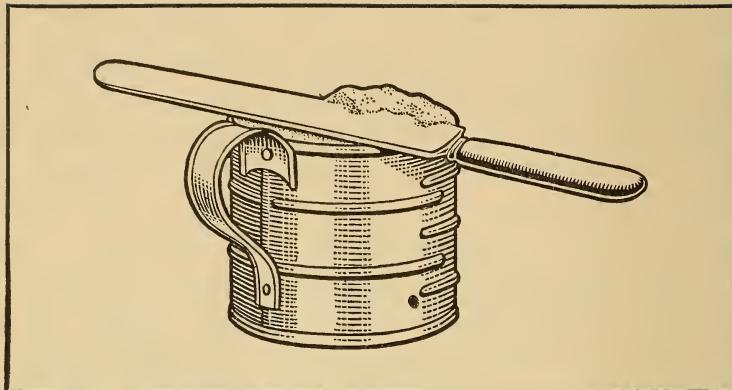
HOW TO MEASURE

A measuring cup, correct methods, and careful measurements are necessary to insure uniform and best results in cookery. For instance, when measuring flour do not plunge the cup into the bag or pan, thus crowding the flour into the cup, and then lifting it up heaped on the top. To measure properly flour, meal, powdered sugar and other substances that from standing settle together, should be sifted to lighten them. To measure a cupful put in the ingredients by spoonfuls, round slightly and level with a knife blade. To measure butter or lard, pack solidly into the cup and level. In cake-making the sugar should be measured first and placed in the mixing bowl; then sift and measure the flours and place in a separate dish, to be ready when wanted. The butter should be measured and placed with the sugar in the mixing bowl. The measuring cup can now be used for the milk, which can remain in it until it is wanted. In the following table absolutely correct figures are not practicable; the average variation is well within the limit of three per cent.



Reliable Measuring Cup

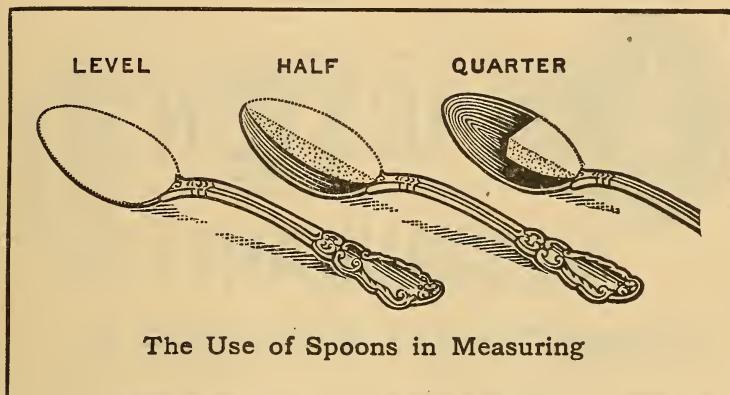
Based on the United States Standard gallon of 231 cubic inches, this cup holds exactly one-half pint, one-fourth quart, eight fluid ounces of liquid, or one-half pound of butter. Sent by mail on receipt of six cents in stamps. RELIABLE FLOUR COMPANY, 103 Broad Street, Boston.



Capacities of the Reliable Measuring Cup

1	Cup	$\frac{1}{4}$ United States Standard Quart
1	"	$\frac{1}{2}$ Pint
1	"	8 Fluid Ounces
2	"	1 Pint
2	"	16 Fluid Ounces
4	"	1 United States Standard Quart
4	"	32 Fluid Ounces
$\frac{1}{2}$	"	1 Gill
$\frac{1}{2}$	"	4 Fluid Ounces
$\frac{1}{4}$	"	4 Tablespoonfuls
$\frac{1}{4}$	"	2 Fluid Ounces
1	" Reliable Prepared Flour (sifted) . . .	4 Ozs.
1	" Pastry Flour (sifted) weighs $3\frac{1}{2}$ Ozs.	
1	" Entire Wheat Flour (sifted) . . .	4 Ozs.
1	" Granulated Sugar . . . weighs $6\frac{1}{2}$ Ozs.	
1	" Powdered Sugar . . . weighs 5 Ozs.	
1	" Butter (solidly packed) . . . weighs 8 Ozs.	
1	" Milk or Water . . . weighs $8\frac{1}{2}$ Ozs.	

Reliable Prepared Flour makes
Perfection Tea Biscuit



Capacities of the Reliable Measuring Cup

2	Cups Butter (solidly packed)	1 lb.
2½	" Granulated Sugar	1 lb.
¾	" Powdered Sugar	1 lb.
¾	" Brown Sugar	1 lb.
4	" Reliable Prepared Flour (sifted)	1 lb.
½	" Pastry Flour (sifted)	1 lb.
¾	" Graham Flour	1 lb.
4	" Entire Wheat Flour (sifted)	1 lb.
¾	" Rolled Oats	1 lb.
¾	" Granulated Corn Meal	1 lb.
¾	" Rye Meal	1 lb.
5	" Coffee	1 lb.
¾	" Tea	1 lb.
¼	" Rice	1 lb.
½	" Sago	1 lb.
¾	" Pearl Tapioca	1 lb.
3	" Cleaned Currants	1 lb.
3	" Sultana Raisins	1 lb.

Reliable Prepared Flour makes
Perfect Shortcake



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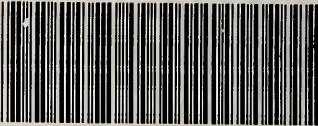
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